

2019 WORKSITE WELLNESS AWARDS & CONFERENCE

Living and Working Healthfully in a World of Distractions



March 21, 2019

DoubleTree by Hilton
870 Williston Road, Burlington VT
(previously the Sheraton)

REGISTER NOW!

REGISTRATION

Deadline to register: March 10th

\$82.00 for award winners
\$108.00 per person by March 1st
\$132.00 per person after March 1st

QUESTIONS

Ashwinee.Kulkarni@vermont.gov

WEBSITE

healthvermont.gov/wwconference2019

DOWNLOAD THE APP!

Download Whova on your smart device and find the 2019 Vermont Worksite Wellness Conference to access the agenda, session descriptions, network with other attendees and more!

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AGENDA

8:00 Registration • Breakfast • Exhibits

9:00 Welcome • Overview
Welcome Address

Mark Levine, Commissioner of Health

9:30 Keynote Address with Q&A:

It's About Time - Finding focus amidst distraction

Dawna Ballard, University of Texas Austin

10:30 Fitness Break • Exhibits • Networking

11:00 Concurrent Workshops

1. It's all Interconnected: Exploring the relationship between sleep, stress, and the work environment
Teresa Stewart, Stewart Family Solutions
2. Legal Trivia Bowl! Vermont policies for a healthy and inclusive workplace
Alexandra Clauss, Primmer Piper Eggleston & Cramer PC
Ben Traverse, Downs Rachlin Martin
Heather Wright, WrightJones Law
3. Lighting Round! Strategies for a Green Business
Multiple Speakers
4. Sustainable Wellness Programs for Small Business: A Worker's Comp company partnership
Martha Gagnon, AIM Mutual
Mari Ryan, Advancing Wellness
5. TotalHealth: Creating a resilient workplace through recovery-supportive practices
Gen Habeck, InvestEAP
Michelle Mortimer, Wellness Works
6. Work Well, Feel Well: Mastering the art of focus
Porter Knight, Productivity Vermont

12:00 Worksite Wellness Awards and Lunch

1:30 Fitness Breakouts • Exhibits

2:00 Concurrent Workshops

1. Comprehensive Worksite Wellness: Integration of health, safety, and wellbeing
Rebecca Schubert, GMHEC
2. Finding Focus Amidst Distraction - Time strategy and work design
Dawna Ballard, University of Texas Austin
3. Lighting Round! Innovations in Workplace Wellness
Multiple Speakers
4. Moving the Needle on Chronic Disease Prevention - How can worksites create real change?
Ed DeMott and Bethany Yon, Department of Health
5. Nutrition for a Focused Mind
Rebecca Flewelling, Balanced Bodies Balanced Lives
6. Why Wellness Leadership is Essential to Employers of the Future
Marie Frohlich, Liz Dallas & Paul Toth, Coaching Center of Vermont

3:00 Poster Session and Networking Hour

4:00 Adjourn

